

Director of Food & Nutrition
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Monday	Tuesday	Wednesday	Thursday	Friday
2 Cheese tortellini w/ Marinara and Garlic Toast Steamed Broccoli	3 Boneless Wings w/ Toast Crispy French Fries	4 Korean BBQ Dumplings Steamed Mixed Vegetables	5 Turkey Bacon Ranch Panini Mashed Potatoes	6 Buffalo Chicken Macaroni & Cheese Steamed Cauliflower
9 Baked Penne w/ Toast Steamed Green Beans	10 Chicken Quesadilla Steamed Corn	11 Queso Cheesesteak Hoagie Steamed Peas	12 Italian Stromboli Oven Roasted Carrots	13 Fajita Chicken Stir Fry w/ Vegetables Steamed Broccoli
16 French Toast w/ Sausage Patties Crispy Tater Tots	17 Beef Shepherds Pie w/ Bread Steamed Green Beans Chocolate Pudding Cup	18 Chipotle Chicken Flatbread Steamed Cauliflower	19 Chili Cheese Dog Baked Beans	20 Breaded Chicken Parm Sandwich Steamed Broccoli
23 Roasted Mushroom Cheeseburger Crispy French Fries	24 Broccoli Cheddar Soup w/ Flatbread Steamed Mixed Vegetables	25 Buffalo Chicken Dipper w/ Tortilla Chips Oven Roasted Carrots	26 Beef & Cheese Loaded fries Steamed Corn	27 Chicken Tikka Burrito Refried Beans
30 Turkey & Cheese Pretzel Melt Steamed Peas	31 Pierogies w/ bread Steamed Green Beans	National Nutrition Month Fuel your after-school activities with a nutritious lunch.		

THE PIZZERIA

Daily
 Cheese Pizza
 Pepperoni Pizza

 Daily Special
 Monday: Hot Honey
 Pizza
 Tuesday: Chicken
 Bacon Ranch
 Wednesday: BBQ
 Chicken Pizza
 Thursday: Buffalo
 Chicken Pizza
 Friday: Shamrock Pizza



THE GRILL

Spicy Chicken Patty on
 a Bun

 Chicken Patty on a Bun
 Cheeseburger on a Bun

 Taco Bar

GRAB N' GO

Made to order
 deli
 sandwich/hoagie/
 wraps
 bar daily
 Options:
 Turkey & Cheese
 Ham & Cheese
 Italian Combo
 Veggie
 Tuna Salad

 Fruited Yogurt
 Parfait w/
 Crackers

 Uncrustable w/
 cheesestick and
 crackers

WHAT MAKES A MEAL?

You must choose at least 3 of 5 components
 available for the school lunch price.
 Choice of Meat or Meat Alternate
 Choice of Vegetable, Choice of Fruit*
 Choice of Grain/Bread, and Choice of Milk
 *Students must choose at least one fruit or vegetable

MILK OPTIONS

Fat Free White, 1% White, Fat Free Chocolate,
 Fat Free Strawberry

 Prek: Fat Free White, 1% White

**FRUIT & VEGGIE
 OPTIONS**

Broccoli Florets | Baby Carrots
 Dark Leafy Greens | Legume Salads
 Celery & Cucumber
 *May choose two 1/2 cup servings
 Crisp Apple | Sliced Peaches | Mixed Fruit
 Fresh Orange | Banana | Pineapple
 Tidbits
 Diced Pears | Applesauce

 *K-8 may choose up to 1/2 cup serving.
 9th-12th may choose two 1/2 cup servings

ALTERNATE MENU OPTIONS

Daily Bar Special
 Monday: Popcorn Chicken Bowl w/ sliced bread
 Tuesday: Loaded Chicken Totchos Bowl w/ Sliced Bread
 Wednesday: Sweet & spicy Chicken Bowl w/ Rice
 Thursday: Orange Chicken w/ Rice
 Friday: General Tso Chicken Bowl w/ Rice

 Daily Salad Special
 Monday: Chef Salad w/ Ham & Sliced bread or crackers
 Tuesday: Chef Salad w/ egg & sliced Bread or crackers
 Wednesday: Chef Salad w/ Turkey & Sliced bread
 Thursday: Italian Salad w/ sliced bread or crackers
 Friday: Breaded Chicken Salad w/ sliced Bread

